CERTAINE RVLES, DIRECTIONS, OR ADVERTISMENTS FOR THIS TIME OF PESTILENTIALL CONTAGION:

WITH

A caueat to thoſe that weare a-*bout their neckes impoiſoned Amu*-lets as a Preſeruatiue from the Plague:

Publiſhed for the behoofe of the City of London, *and all other parts of the Land at this time viſited: by* FRANCIS HERING, *D. in Phyſicke, and Fellow of the Colledge of Phiſitians in* London.

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heaped on another, and they laid ſo neare the top of the earth as (it is to be feared) they now are.

Let care be had, that the ſtreets, eſpecially the narrow lanes and allies, be kept frō annoyance of dunghilles, vaults or houſes of office; the common ſewers and canals be well purged and ſcowred, the dungfarmers tied to their ſtint of time in winter, and not ſuffered (vnleſſe vrgent neceſſitie require) to perfume the ſtreetes all ſommer long, eſpecially in this time of contagion. Let not the carkaſſes of horſes, dogges, cats, &c. lye rotting and poiſoning the aire (as they haue done) in More and Findsburie fields and elſewhere round about the Citie. 3

Let the aire be purged and corrected, eſpecially in euenings which are ſomewhat cold, and in places low and neare the riuer (as Thames ſtreete and the allies thereabout) by making fires of Oaken or Aſh wood, with ſome few bundels of Iuniper caſt into them. 4

Let men in their priuate houſes amend the aire by laying in their windowes ſweete herbes, as Marioram, Time, Roſemarie, Balme, Fennell, Peniroyall, Mints, &c. Likewiſe by burning Iuniper, Roſemarie, Time, Bay-leaues, Cloues, Cinamon, or vſing other compound perfumes. The poorer ſort may burne Wormewood, Rue, Time. Let them caſt often on the floores of their houſes water mingled with vineger. 5

Touching our regiment and diet, repletion and inanitiō (as two dangerous extremities) are heedfully to be auoided. Thoſe meates are to be vſed which are of eaſie digeſtion and apt to breed good iuyce. 6

Such as are of hard concoction, and cause obstructions, are to be auoided: specially those that easily corrupt and putrifie in the stomacke, as the most part of sommer fruite, raw cherries, plummes, apples &c.

It is not good to be abrode in the aire early in the morning before the Sunne haue purified the aire, or late in the night after Sun-setting. In rainie, darke and cloudie weather, keepe your house as much as you can.

Eschue all perturbations of minde, especially anger and feare. The one by heating the bodie opens a doore for the enemie to enter: the other by cowardly running away giues him encouragement to tread on the hedge, which lieth lowest, and maketh least resistance.

Let your exercise be moderate, *ad ruborem, non ad sudorem*. The time of exercise is an houre before diner or supper, not in the heate of the day, or when the stomacke is full. Vse seldome familiaritie with Venus, for she enfeebleth the bodie, and maketh it more obnoxious to externall iniuries.

You may feede three times in the day, but more sparingly then at other times. Shun varietie of dishes at one meale: *Pernicioſa ciborum varietas, pernicioſior condimentorum*. And if at any time the rule holdeth, The most simple feeding is the most wholsome feeding; then it is in force at this time of infection. *Augenius* (a learned Physitian) thinketh it not possible that he that liueth temperatly and soberly, should be subiect to the sickneſſe.

Go not forth of your house into the aire, neither willingly speake with anie, till you haue broken your fast.

faſt. For breakfaſt you may vſe a good draught of wormewood beere or ale, & a few morſels of bread and butter with the leaues of ſage, or elſe a toſt with ſweet ſalade oile, two or three drops of roſe vineger, and a litle ſugar. They that haue cold ſtomacks may drink a draught of wormwood wine or malmeſey in ſtead of ale or beere. But take heed (as you loue your life) of extreme hote waters, as Aqua vitæ, Roſa ſolis, or other compound waters of like nature, which Empericks prepare and ſet out with vaine and boaſting words: *Laudat venales qui vult extrudere merces.* Of them *Crato* a great and learned Phyſitian pronounceth, that they were *inuenta ad iugulandos, non ad curandos homines:* deuiſed to kill not to cure men. He ſpeaketh of the daily and continuall vſe of them: and that is it which I diſallow.

If you be not accuſtomed to a breakfaſt, take the quantitie of a nutmeg or therabouts of ſome cordiall Electuarie preſcribed by the learned Phyſitian, before you ſet foot out of doores. If you will vſe both, for greater cautell, then take your Electuarie early in the morning, two houres before your breakfaſt.

As you walke in the ſtreets or talke with any, hold in your mouth a cloue, a peece of a Zedoarie, Angelica, or Enula campana roote.

Once in 4 or 5 dayes take 3 or 4 cordiall and ſtomachicall pilles by direction of your Phyſitian, to fortifie the heart and ſtomake againſt all corruption, and to cleanſe your bodie from ſuch humors as may diſpoſe you to the ſickneſſe. For *Agens non agit niſi in Patiente diſpoſito*: An Agent worketh not but vpon a fitted and diſpoſed Patient.

If any man be bound by Religion, conſanguinitie, office, or anie ſuch reſpect to viſite the ſicke parties, let him firſt prouide, that the chamber be well perfumed with odoriferous trochiskes or ſuch like, the windowes layd with the herbes aforenamed, the floore cleane ſwept, and ſprinkled with roſewater and vineger: that there be a fire of ſweete wood burning in the chimney, the windowes being ſhut for an houre, then open the caſemēts toward the North. Then let him waſh his face and hands with roſewater and roſe-vineger, and enter into the chamber with a waxe candle in the one hand, & a ſponge with roſe-vineger and wormewood, or ſome other Pomander to ſmell vnto. Let him hold in his mouth a peece of Maſtic, Cinamon, Zedoarie, or Citron pill, or a Cloue. Let him deſire his ſicke friend to ſpeake with his face turned from him.

When he goeth foorth, let him waſh his handes and face with roſe-vineger and water as before, eſpecially if he haue taken his friend by the hand as the maner is: and going preſently to his owne houſe, let him change his garments, and lay thoſe wherein he viſited his friend, apart for a good time before he reſume them againe.

Let him not forget vpon his returne home or before, to take a conuenient quantitie of his cordiall Electuarie, and forbeare meate an houre or two after it.

That

That Amulets confected of Arſenicke, are no good preſeruatiues againſt the Plague.

PErceiuing many in this City to weare about their necks, vpon the region of the heart, certaine Placents, or Amulets (as preſeruatiues againſt the Peſtilence) confected of Arſenicke a ſtrong poiſon, I haue thought it needful (other men keeping ſilence) to declare briefly my opinion touching the ſaid Amulets: not (I profeſſe) in hatred to anie mans perſon, or enuie at their commoditie, wherein I might haue ſhared with them, if I could haue brought my iudgement to concur with theirs; but in conſcience, and diſcharge of my dutie. The rather becauſe I feare greatly, that through vaine confidence in them, other more oppoſite, conueniēt and effectual antidotes, & Alexeteries are neglected.

My opinion is, that theſe Placents of Arſenicke caried about vpon the region of the hart, are ſo farre from effecting anie good in that kinde, as preſeruatiues, that they are verie dangerous and hurtfull, if not pernitious to thoſe that weare them.

It is euident that Arſenicke being a confeſſed poiſon, is an oppoſite, profeſſed and perpetuall enemy to our nature. Therefore being worne next the skin, as ſoone as the heart waxeth hote by any vehement motion, labour or ſtirring (as it falleth out vſually) it muſt needes ſend out venimous vapours to that noble and principall part; which will either penetrate by their owne force, or be drawne in with the aire, Gal. 3. de Tēp. cap. 4.

by the dilatation of those arteries which are spread about the skin.

Now these poisonfull vapours being entred or sucked into the bodie, when they finde no contrarie poison with whom to wrastle as with an enemy (for if there were any venim in the body, the partie could not enioy health: but we intend him to be in health, whom we would preserue) they must needs imprint a malignant and venimous qualitie in the spirits and heart, most aduerse and pernitious to nature.

1. Simp. cap. 18. If by *Galens* doctrine, all Alexeteries in a maner, if they be vsed somwhat too liberally, do greatly offend and weaken our bodies; shall we thinke that ranke poisons and deleteries (such as Arsenicke is) if they be so applied, as to penetrate into the noblest region of all other, will nothing at all violate, and wast our natiue, vitall, and radicall heate?

Lib. de Ther. ad Pamphil. Epid. com. 5. Actius lib. 1. Tetrah. 4 ca. 56. Paulus lib 2. cap. 35. *Galen* and the ancient Fathers & Maisters of Physicke, did not vse to preserue from the Plague or any other poison, either by giuing another poison inwardly, or by appointing other poisons to be outwardly applied, but proceeded altogether by Andidotes and Alexiteries. *Lib. de Theriaca ad Pis. cap. 16.* Therefore vnlesse we will disclaime these auncient worthies and ring-leaders method, and follow newfound and vnsound deuises, we must fight against this monster, not with poisons, but antidotes.

Gal. 6. in Epid. Poisons are defined to be such, as at no time do agree with nature, either well, or ill affected. For though there be poisons which if they find a contrarie venim in the bodie, do fight so with it, that by the skirmish both poisons die, and the partie by their conten-

contention and colluctation eſcapeth with his life: yet it is agreed on by all, that where they finde no ſuch aduerſarie or oppoſition, they ſpeed the partie. Therefore Arſenicke worne by a man in health, finding not onely no contrarie poiſon to warre vpon, but no poiſon at all, muſt neceſſarily oppoſe and ſet vpon nature her ſelfe.

Gerardus Columbus a learned Phiſition reporteth, that it hath bene obſerued, that the wearers of theſe Amulets, vpon heating their bodies, haue fallen into ſodaine Lypothimies and ſwownings, with other fearfull accidents which ceaſſed not till the Bagge or Placent was remoued. That others though not inſtantly, yet after ſome time, haue by late and wofull experience diſcerned their malignitie, falling into malignant & peſtilent feauers, ſome of them ending with death it ſelfe. Lib. 2. de Feb. contag. cap. 17.

Franc Alphanus a Phyſitian of Salerne telleth of one, who wearing Arſenicke, and heating him ſelfe at tenniſe, fell downe ſodainly dead.

Matheus Heſſus writeth thus: As cordiall bagges or Amulets cannot be diſallowed, ſo empoiſoned can no way be commended; neither do I remember that anie euer receiued good from them who abſtained from other Antidotes. This I certainly know, that diuerſe who carrie about them quickſiluer in a nut-ſhel, by the vaine perſwaſion of ſome impoſtors, haue died of the Plague: and the counſellers of ſuch like Amulets, haue bene the firſt that haue betaken themſelues to their heeles, truſting more in their running then cunning. And yet theſe good fellowes, perſwaded the ignorant with great words, and it may

be oathes, that whoſoeuer caried Quick-ſiluer or Arſenicke about his necke, was as ſafe as if he had purchaſed a Protection from the King of heauen.

Hiſtorians report, that *Caracalla* though a wicked Emperour, made a publike Edict or Proclamation, that no man ſhould weare about him ſuperſtitious Amulets.

Theophraſtus the great, eſteemed (not without cauſe) *Pericles* to haue a craſed braine, becauſe he ſaw him weare an Amulet about his necke.

Hereunto (as a Corollarie) we may adde the experience of ſome London Phyſitians, who haue ſeene foule holes made in the breaſt of thoſe that haue worne them, and obſerued diuerſe to die aſwel as others, who haue religiouſly caried them about their necks.

I omit for breuitie, to anſwer their reaſons, who allow them, becauſe thoſe that are alledged by Empericks and ignorant perſons, are not worthie the anſwering; and thoſe that are produced by ſome fewe learned men (the whole ſtreame running againſt them) are not comprehenſible by the common ſort, for whoſe good I haue ſet foorth this ſhort Caueat. But if anie will contend, I will either anſwer him or yeeld vp my weapons. In concluſion onely remember, that whereas the ſellers and ſetters out of theſe deceiptfull wares, make them as a ſcout to diſcouer the Infection, when it beginneth to ſeize vpon a man, by giuing a watch-word, and clapping cloſe to the heart, to guard that part as the chiefe Tower: this is a meere deceipt, colluſion and abuſion. For when ſoeuer the bodie is heated, this euent followeth neceſſarily,

ceſſarily, as is before declared, though no other infection be neare but the infectious, poiſonfull and venimous Arſenicke; who offereth not at that time, to the heart a friendly ſalutation or caueat, but rather a Iudas kiſſe, and Ioab-like imbracing.

Some Phyſitians thinke it not conuenient, that the bels ſhould be rong for thoſe that die of the ſickneſſe: becauſe much ringing ſtriketh great terror into the hearts of thoſe that are ſound, and may hurt thoſe that are by nature fearfull. I am of mind, that it were good that order were taken, that the belles ſhould not be ſo long time rong or tolled as they are, whereby a continuall dolefull noiſe ſoundeth in the eares of men day and night.

—Si quid nouiſti rectius iſtis,
Candidus imperti: ſi non, his vtere mecum.

FINIS.

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